

Natural Rearing Newsletter ©

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FOR BREEDERS THAT CHOOSE TO THINK FOR THEMSELVES

From The Desk Of: MARINA ZACHARIAS

It has always puzzled me why caring pet owners will do whatever it takes to look after one of their animals that has taken sick, and yet are reluctant to spend anywhere near the same energy on PREVENTION in the first place. Yes, there are many alternative methods of dealing with illness but it seems the last thing some people are willing to change is really the first thing they should be addressing.

Would you ever consider raising your CHILD on one bag of food for all of its life? Read on....

FOOD FOR THOUGHT

Whenever a problem is presented to a holistic Vet. usually one of the first questions asked is "What are you feeding him/her".

The subject of food, especially of "pet" food, is surrounded with controversy regarding which brand provides what; which is better brand x or brand xyz; so called "premium" brands and all the magical things it will do for your animal; the "mythical" all the nutrition in one bag your animal will ever need; and on and on and on!

Probably the most expensive single ingredient in the most popular pet foods, is the dollars spent on advertising the product.

How then, do we go about choosing what diet will provide the best health-or at least do the minimum amount of harm-for our animals?

A truly INFORMED decision can only be made by cutting through all the "hoopla" and red herrings tossed out by the advertising boys and finding out for yourself just what is really going on.

I know I am probably going to step on a lot of peoples toes on this subject but I'm willing to take the flack if it stimulates you to "think for yourself" about this most basic of issues.

If you don't think the following applies to your pet food--**THINK AGAIN !!**

Lets start by considering ingredients, move on to how they are processed, stored and eventually used.

When I was still using a "commercial" food I was naive enough to read the label and thought I understood the first few ingredients and a few of the additives, then my eye sort of skipped over the unpronounceable "---ites, ...ates, etc." I thought these were just fancy names for various minerals, vitamins and so on. Boy was I wrong! For those of you with a weak stomach I would suggest you skip the rest of this article.

Most of us are aware (although we choose not to think about it) that the primary source of "meat" in all pet foods, is derived from diseased, dead, or deformed animals. Anything not "fit" for human consumption is considered O.K. for "pet" consumption.

For example the National Animal Control Association has estimated that animal shelters kill over 13 million household pets a year. Of this total, 30% are buried, 30% are cremated and the remaining 40%, about 5 million pets, are shipped to rendering factories to be recycled and used in pet food. This may make sense as a scientific "protein source", but emotionally I am disgusted to thing of Dogs being used as "Dog Food"--all for the sake of economic raw material.

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But what about the injections of sodium pentobarbital used to put pets to sleep you might ask? Or the cancerous tumors and other organs of diseased animals? No problem, says the FDA, such residue would be so small to cause a problem.

Why then did the University of Nebraska researchers confirm the death of an 11-month-old girl from an adverse reaction to penicillin contained in dry cat food she had eaten? The Nebraska investigators noted in "The American Journal of Cardiology" that the penicillin level in the cat food was 600 times higher than USDA limit for human food.

If you were to question the manufacturer on any of this you would no doubt get an outright denial BUT consider that for dry foods "meat" must be reduced to a dry powder in order to be processed through the giant machines used in the manufacturing process. This type of material, originates in a "rendering" plant, that converts carcasses to powder by the truckload. (Incidentally, they don't waste much in this process--I leave it to your imagination to visualize what all is utilized).

The larger the manufacturer, the less chance they have of knowing what the source of their "meat" powder actually was. The truth is, they don't want to know! There is no way they would dare "advertise" the facts behind the label.

Lamb & Rice? Sounds yummy but the same process is being used! Just because it comes from New Zealand does not mean that little elves down there cut up all this meat into fresh little chunks that make up a "Premium" pet food. No dear friends, both Australia and New Zealand had a "glut" of this particular animal and couldn't get rid of it for human consumption on the world markets. Presto Changeo--"Lets make it into a pet food and charge more for it" (same old song and dance from the back room advertising boys).

I don't really have room here to get into the excessive levels of heavy-metal contaminants (i.e. cadmium, Mercury, etc.) commonly found in pet foods. Suffice to say that they are FAR higher than the maximum that would ever be allowed for humans! Is it any wonder that the incidence of epileptic seizures in dogs has risen to alarming numbers?

Try to remember when you read a label, the mind automatically pictures the meat (be it beef, lamb, chicken or whatever) in its "raw" form as we normally see it at the grocery store. The advertising boys take this natural tendency and try to enforce it and enhance it with wonderful images of gourmet chefs carefully selecting and preparing your pets next feast. Nothing could be further from the truth! Make an effort to break this conditioning and picture a powder in its place. Some companies are still truthful

enough to label the meat as "desiccated"--meaning dry, dry, dry.

So lets see.. we start with diseased meat, convert it to a form we can legally use, now what other "goodies" can we get that are cheap, cheap, cheap.

Livestock-grade grain is usually the main ingredient used. This is not because dogs and cats require large amounts of carbohydrates, but because grains are about as cheap a food as can be found. However, a still cheaper ingredient is the "waste" dust, floor sweepings, husks, the rejects from the screening process for flour, etc. Ideal for our favorite yummy pet food. But we can't call it scrap can we--nobody would buy it! So lets call it "middlings"--nobody will catch on then! (While we are at it lets call the ground up bones, fish heads and other good stuff like feet, feathers --"poultry meal, fish meal, etc."--that sound a lot better than scrap!) No need to mention that livestock grade really means we don't have to concern ourselves with "allowable" levels of pesticide residue left in the grains.

What else can we get that is "waste", sounds good and of course is cheap, cheap, cheap. I know! Lets throw in some Brewers Yeast--(see our previous newsletter for this stuff). Even many of the "upscale" brands have jumped on this bandwagon!

Are you beginning to get the idea yet? So far we have only talked about the main ingredients. What about all those other long names on the label? Most are added in minute quantities in an attempt to formulate the so called "balanced" diet.

What these "balanced diets" choose to ignore is that not all breeds are the same! Take Phosphate balance as an example. Without enough phosphate there is abnormal gland (parathyroid) function, bone metabolism, intestinal absorption, malnutrition and kidney malfunction. Too much phosphate can cause kidney damage and may affect the absorption of other minerals, causing imbalances of nutritional elements. Combine this with the fact that toy breeds absorb more calories per pound of body weight than giant breeds and ask yourself--how do you know if you're getting enough, too much or just the right "balance" for your dog.

In natural foods (raw), Mother Nature does the balancing for us and the body takes what it needs. When artificially added--who knows what is absorbed?

With very few exceptions, the ...ates, ...ites, ...ides, etc. are synthetic forms of vitamins and minerals (cheap) which may or may not be effectively absorbed by a dog or cat. There are a few ingredients however that are banned by the FDA for human consumption but O.K. for pet foods. An example of

this would be any of the Cobalt salts used as additives. (Again look at Cobalt Carbonate commonly used in the "upscale" brands).

If you truly are interested in deciphering the ingredient label, a handy reference source is a book titled "A Consumers Dictionary of Food Additives" by Ruth Winter, published by Crown Publishers in New York.

We are all aware of the problems created by BHA, Ethoxyquin, and BHT preservatives but you may want to try and understand the other "goodies" added to your pet food.

O.K. we've gathered all our raw materials, now how do we stick them all together to make a dry food that has nice little shapes and at least looks like it's good to eat. Obviously we need a method that is cheap, cheap, cheap.

Enter the mass production geniuses and design equipment capable of churning out TONS of finished product every HOUR. Unless you have seen this equipment with your own eyes it is hard to visualize how big these "extruders" are and how fast they work. Imagine if you will, a single machine pushing out enough "food" to fill a 40 lb. bag in about the same time it takes to blink your eyes.

Believe me people, the only way these monsters can run with such efficiency is to make sure the "form" of raw material suits THE MACHINE. You don't change the machine to suit the material--you change the material to suite the machine.

Everything must start out dry, dry, dry! Then its "cooked" with live steam, rammed through tiny holes for the fancy "shape" desired (under tons of pressure), hurried through high temperature drying ovens (to get rid of the moisture from the steam), and hustled through the automatic bagging procedure. What chance does a digestive enzyme have of surviving this treatment? None!

Various size runs of various size bags are made and the finished product is palletized for shipment in truckload or railcar quantities to major warehouse distribution centers.

Depending on demand, it may take anywhere from just a few weeks to upwards of several months before the product finally reaches the store shelves.

But that's not the end of it. Every place where this is stored is subject to insect infestations. To prevent the public from ever seeing these creepy little crawlers, sooner or later these warehouses must use a chemical insecticide spray to destroy and further deter these "protein" lovers.

Even major Grocery chains are well aware that they must periodically "bomb" these little suckers to get rid of them. They don't talk about it, but it is common knowledge throughout the industry. In warmer regions pesticides are routinely used every week not only on pet "food" but also on biscuits, treats etc.

If you happen to get a bag that somehow has slipped through the spraying and still has live worms crawling in it, consider yourself lucky. This could be the most nutritious protein you will find in the food!

Finally you get your hands on this "fresh" bag of goodies and because it is "convenient" to use and probably well advertised as a "nutritious" food--you foist it off on your animal.

The fact that he survives on it is no credit to the manufacturer or to you. Rather credit must be given to the magnificent digestive system of your animal to be able to consume this stuff and still get something out of it.

When it comes to choosing the "least worst" its a case of "Let the buyer beware". The only ones Holistic Vets. are recommending at this time are: Wysong; Precise; Abady; Nature's Recipe; and Sensible Choice. There may be others available on a local basis but they may not have national distribution to make them readily available.

If you insist on retaining the "convenience" over health factor, and want to keep using your dry food, at least add a digestive enzyme to give your pet a break on his already overtaxed system.

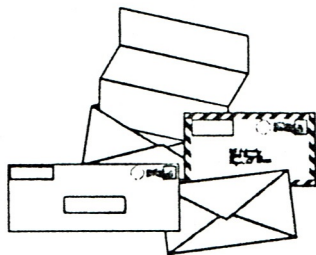
Adding some fresh vegetables and fruits would also help a lot. Even if these too have been subjected to pesticides, at least they are still raw and have more to contribute to nourishment than the highly processed contents in commercial pet foods! (More on natural diets in future issues.)

At the beginning of this century pets were fed on "scraps" from our own food. Around the middle of this century, the fast food life style started to make its appearance. As we approach the end of this century "scraps" have taken on a whole new meaning.

I would challenge every national breed club to do a simple survey of the average life span of their breed in 1900, 1950, and now! Has it decreased? Does this correlate with the food we are feeding to our animals? Have health problems in general increased?

As we move into the 21st century maybe its time we turned the clock back a hundred years and got back to some basic nutrition!

MAILBOX



Dateline October 25, 1994--Michigan
Dear Marina:

Since reading your article in The Springer Quarterly (Spring, 1993), I have become very interested in alternative forms of veterinary medicine. Your article couldn't have been more timely, because at that time, my four year old English Springer Spaniel developed bad skin problems. With the help of my veterinarian and an allergy specialist, he was diagnosed as having a food allergy (he was only able to eat boiled potatoes and boiled pinto beans for six weeks). Prednisone and antibiotics were used to alleviate the symptoms and afterwards he was placed on Nature's Recipe Lamb and Rice food. He started doing a little better but still had flare ups, especially when he would get a flea anywhere near him (they would make him scratch, making his skin that much worse). I could tell right away that he couldn't take the Prednisone/antibiotics for long, because he started looking bad (dull thin hair, dull cloudy eyes, mopey, etc.) I called and talked to you about NR and started reading everything I could get my hands on (The Complete Herbal Handbook for the Dog and Cat by Levy, Natural Health for Dogs and Cats by Pitcairn, Keep Your Pet Healthy the Natural Way, by Lazarus and a series of articles in Dog World, Feed That Dog, etc.)

I started using NR Herbal Compound, Daily Health, Seaweed Mineral food and vitamins C and E. I also started feeding more fresh foods (raw lamb, carrots, lightly steamed green beans, broccoli, cooked brown rice, potatoes, raw garlic, etc.) I stopped using Nature's Recipe food and began using Solid Gold Hund-N-Flocken, mixed with fresh vegetables (I use this as a base, not a substitute for fresh raw foods). Now he's doing much better; there's still some occasional itchiness, but the sores he was getting are gone. His hair is full and shiny, eyes are bright and clear, and he's strong, healthy and hasn't had near the flea problems he used to.

We also have two other male Springers (all by the same sire); neither has skin problems but one was always finicky and thin. Since diet change, the thin one has put on weight and looks a lot better. The third one never had any real problems, he just likes his new diet. They all now have considerably less flea problems.

I have discussed NR with my veterinarian (I thought he was going to think I was crazy; he is a Michigan State graduate), and to my surprise he listened and was generally interested. He could see my dog was improving (on no medication or limited diet), so we concluded the biggest culprit was preservatives and poor (not inexpensive) diet. I gave him some literature on NR, and he told me that he would share this information with other patients with dogs having similar problems (a little progress). The next time I visited my vet, I was pleasantly surprised to find he had literature on the benefits of a raw food diet and the dangers of a diet consisting of 100 percent cooked or processed foods. He also had started selling some natural products for dogs and cats (I don't think they are the best, but definite progress.)

I tell other dog owners all the time about NR principles and their benefits. Whether they believe in holistic (herbal, homeopathic, etc.) medicine or not, they have to start feeding their animals healthier. There are no miracle cures, but we can eliminate a lot of needless problems.

I really enjoyed your newsletter and look forward to future ones. Hopefully your NR newsletter will help educate people and let them share experiences and information so that we all can have happier, healthier animals.

(Ed. Comments: I couldn't have said it better myself. Maybe my 'food for thought' article will help you to get others to listen to what you are saying. Thanks for sharing your experience).

Dateline October 27, 1994--Indiana
Dear Marina,

I've enclosed a subscription order and would like to give you some feedback on the newsletter. You have an extensive mailing list if you reached me--and many of those who decide to subscribe will probably be just like me: A dedicated breeder with a moderate amount of experience and knowledge. I am very open to natural and holistic health concepts but haven't experimented much and don't know much.

When you share information with us in the newsletter, you're going to need to help we novices understand how to obtain the remedies discussed such as Aconitum and NR Herbal Compound. I have no clue. Health food stores?

Answer:

Your points are well taken. My list at this time is much smaller than I would like it to be. My dream is to one day reach every dedicated breeder and share the multitude of advantages already available to

all of us with natural and holistic concepts. I know I'm a long way from achieving this but I will keep on trying to spread the "good word" wherever I can.

With respect to sources for the products that are mentioned in the newsletter, many of them originate in Europe (they are so far ahead of us in research, practical usage and quality production of products). I have been using these for many years for my own dogs. As more and more breeders have contacted me in the last few years, (wanting the same quality for their animals) I started bringing in larger quantities to supply their needs. Over time, I have developed a "catalogue" of natural products (and information on them) that are hard to find in most regions of North America (ex. NR herbal products--J. Levy original formulas, made in England). I will be glad to send this (no charge) along with a list of recommended books, suppliers, etc. to anyone interested.

Some of the products (ex. Rescue Remedy) can usually be found in most health food stores. Some are available from U.S. homeopathic companies. Others may only be available from a holistic vet.

I do urge you to remember that there is no one "magic" elixir available that will cure all ills. Taking charge of your animals health rather than leaving it to the control of pet food and chemical companies, does take some work. The time and effort are well worth it.



HOLISTIC VET. CONFERENCE

This could just as easily be titled 'how to blow your mind in one session'. To say this International gathering of leading edge veterinarians was a smashing success is the understatement of the year. As a bonus it was surprising to see that close to half the audience were first time conference attendees. The word is spreading!

There were so many exciting subjects covered, that in this issue I can only summarize briefly, the information provided in three days of intensive education in holistic animal health care. In coming issues I do promise to give you in depth articles on matters vital to all of us.

DR. STEPHEN BLAKE--(CALIFORNIA)

A fascinating lecture on the values of using 'Bach Flower Remedies' for chronic disease. (These are specific flower essences developed by Dr. Edward Bach, a noted British physician, in the 1930's). These remedies work subtly and gently to assist in restoring balance to the emotions.

Dr. Blake put forth this hypothesis: "Thought provokes function and functional response creates pathological changes we call dis-ease." The mental state of the patient can provoke disease when there is an imbalance which is not resolved over time.

A case presented was a Rottweiler who had suffered from diarrhea for over a year--diagnosed as 'Irritable Bowl Syndrome'. Dr. Blake determined that when the owner left every day to go to work, the dog would get diarrhea. The dog had been worrying to the point of despondency.

When the appropriate Flower remedies were given, the dog was able to enjoy life free from further diarrhea problems.

The Bach Flower remedies are an excellent addition to any course of therapy given.

DR. HARTMUT KRUGER--(GERMANY)

Presented a lecture on the use of 'Organopathy'. In principal this field of study is a form of 'homeopathy' that diverges from the original classic teachings of 'Hannaman'. Instead of working with the 'simillimum' you work directly with the affected organ. Either by using potentised healthy organ tissue remedies or remedies that directly affect the function of the body organ in question.

Dr. Kruger has been successful and is beginning to document this work in cancer patients. This method offers another valuable tool in the treatment of cancer and chronic disease.

DR. ROGER AKERS--(TEXAS)

Gave us an update on the use of Low-Level-Laser Therapy (LLLT). A portable infrared, low energy cold laser device has been developed that has demonstrated remarkable healing powers. Currently waiting for FDA approval for humans, this is one time veterinary medicine gets the first advantage! LLLT penetrates deep within the tissue thereby activating cell metabolism--thereby normalizing tissue.

Studies have shown it can activate healing components in the immune system; decrease inflammation; alleviates pain; and is capable of bringing back a sense of feeling in areas of numbness.

No adverse side effects have been seen. LLLT has no effect on normal tissue, but rather acts like a nutrient to those cells that need help.

Its uses are far ranging--arthritis; disc disease; wound healing; strains or sprains etc. One day every home could have an LLLT unit for use which could eliminate the need for many of today's common surgical procedures!

DR. W. JEAN DODDS--(CALIFORNIA)

WOW!! 'Hurricane' Dodds blew us all away with her stimulating lecture about Nutritional Influences on Immune and Thyroid function. She is without doubt, one of the leading scientific minds in the holistic veterinarian field. We are fortunate to have her in our country.

Her work on the nasty effects of ethoxyquin, and vaccines (in relationship to Thyroid and Immune disorders), is certainly making waves in the scientific community.

Amongst her present projects she has set up and is running a national Blood Donor Service for animals. They utilize 'Rescue' Greyhounds that are saved from the racing industry and then placed with loving families.

Another project is the establishment of a full laboratory (named PAL) that includes specific ELISA-based testing for Von Willebrand and Thyroid Antibody panels. This is only one of three labs in the country that offer a full spectrum Thyroid test.

The lab. facilities enable the breeder to test entire families for the inherited predisposition for thyroid disease. Note: the most common form of canine thyroid disease (90%) is auto immune disease (which is inherited).

A few of her specific nutritional recommendations:

- ⇒ AVOID ALL synthetic preservatives.
- ⇒ Only HUMAN GRADE fats and oils should be used in pet foods.
- ⇒ ADD FRESH FOODS whenever possible.
- ⇒ ADD natural antioxidants such as Vitamin C, Vitamin E, and Selenium.

Other key issues (which I will cover in depth later):

- ◆ Monthly Heartworm vaccination can be an immune suppressant leading to thyroid, Addisons, and diabetes diseases.
- ◆ Over Vaccination--a complete overhaul of vaccination protocol must be done.

DR. ALLEN M. SCHOEN--(CONNECTICUT)

Considering that Dr. Schoen 'filled in at the last minute' I was impressed with his lecture on a variety of methods for helping regulate and detoxify Liver function.

Included were the use of Chinese herbs, Glandulars, Western herbs, Acupuncture, and of course Homeopathy.

His comments on how these various disciplines can work together to achieve startling results, were most welcome.

DR. ARE THORESEN--(NORWAY)

In my opinion Dr. Thoresen is a rare and true 'HEALER' in the fullest sense of the word.

He presented his latest work in combining Traditional Chinese Medicine theories with Homeopathy, in the treatment of cancer. This approach has given him some very high success rates in dealing with all forms of cancer!!

He made the interesting observation that cancers need to be treated from the point where they originated.

For example, in a case where mammary tumors have been surgically removed--only to have a cancerous tumor reappear somewhere else in the body--it is the area of the breast that needs to be addressed to achieve a cure.

DR. JACQUES MILLEMANN--(FRANCE)

Provided us with some wonderful insights into the use of Homeopathy to not only treat but also prevent Hip-Dysplasia.

He covered the whole cycle from the pregnant bitch, through growing up, to life as a senior, presenting case after case for each stage and providing specific constitutional remedies for each occasion.

There is no question of his success in dealing with this ailment. His closing remarks struck home with me when he said " For years I have had trouble with hip-dysplasia interpreters, with vet surgeons who don't know very much of genetics (those saying dysplasia is hereditary), geneticians who say that hip-dysplasia can be partly hereditary, with dog-breeders who want to do good work and do not know how, and dog-buyers who feed their dogs till they get sick and break bones....So I can just give you my own opinion based on clinical and breeder experience."

ADDITIONAL presentations were made by a contingency of vets from Mexico sharing their scientific controlled studies on homeopathy and livestock; other great lectures on topics such as acupuncture; nutrition & homeopathy for horses; and scientific studies that proved the beneficial effects of a variety of forms of Vitamin C and chronic lameness in dogs.

Can't wait until next year !!!
Please, Please, Please, urge YOUR vet to attend the next one.

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EMERGENCY REMEDIES

Continued from last issue, I will be covering some of the basic remedies to have in our first aid kits. In future issues I will focus on more specific acute type problems and what remedies can be used.

Whether traveling to the shows or just by staying home, injuries are a common problem. How many times have we all cringed at our young puppies racing around, hurling themselves through the air, with complete abandonment and lack of control !! There are of course hundreds of scenarios which can result in injuries. Thank goodness homeopathy is there to help.

One remedy you cannot go wrong with, is ARNICA MONTANA. (common name is Leopard's Bane). Also known as the "Fall Herb", every household should have this remedy on hand.

Dr. Christopher Day, a noted British veterinarian homeopath, reminds us "Always remember Arnica cannot be wrong in any injury and will always help". The sooner it is given the better it will help.

I reach for Arnica any time after I've accidentally hit myself, tripped, etc. It not only stops the pain but also reduces or eliminates any bruising as well. Arnica can be applied topically but should not be used on open wounds.

Arnica is also great to use before and after any surgical procedures.

In cases of traumatic injury or accident, it will also help alleviate shock. The remedy can be repeated often in this case (i.e. one dose every 10 minutes, increasing the interval to one, two, and three hours as the condition improves.)

TRAUMEEL (made by Heel of Germany) or BHI Injury, are two great combination remedies to have on hand. Both contain Arnica. Traumeel is not only a great remedy for any sport like injury but is wonderful for back, hip, tail and arthritis pain. How many times have we had dogs on a circuit only to come up lame for inexplicable reasons. Traumeel can help get them back in the ring! I find Traumeel offers great pain relief and its actions as an anti-inflammatory make it a must for your first aid kit.

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Information provided is for educational purposes only and should not be construed as veterinary advice. Professional help should always be sought.

Traumeel also comes in an ointment format for use on cuts or scratches. It helps promote rapid healing. It is particularly useful for healing hot spots. When used at the initial stages, it can stop a hot spot from developing.

Of course our old standby RESCUE REMEDY (a Bach Flower Essence) is another essential to help relieve the anxiety, fear, and shock of an injury (for you or the dog). Fear and stress are the biggest immune suppressers. The faster the body overcomes the shock & trauma of an accident, the

quicker and easier it is for the body to begin the healing process. Obviously, when the animal is calm, he is always easier to treat.

If the animal has been bitten by another dog or cat, the remedy LEDUM (common name Marsh Tea) is excellent to use along with the foregoing

remedies. Ledum is useful for all puncture wounds including insect bites and even wounds from a rusty nail. It is a great help in giving relief to that 'throbbing' pain and aids in promoting healing.

For those of you who track or do field work and are plagued by the worries of tick bites and/or contracting Lyme disease, Ledum can come to the rescue. If you suspect your animal may have Lyme disease, you may want to try Ledum 1m once a day for three days.

Dr. Stephen Tobin (Connecticut) recently reported to me that he has found Ledum 1m is about as close as you can get to a specific cure. Whether the infection was recent, a year old, previously treated or untreated, his cases all responded curatively.

Dr. Tobin has had excellent results using the homeopathic nosode (oral vaccine) for prevention of Lyme disease. In the past four years he has had over 500 dogs on the nosode, with only 2 cases that might have contracted Lyme disease (both were readily cleared with Ledum).

Compare this to an April 1993 letter from the Cornell Veterinary School Lab. concerning a study of dogs with a clear history and diagnosis of Lymes. Through testing they proved that more than half had Lyme disease because of the vaccine used, and almost a third had Lymes, despite the vaccine!!

CHLORINATED WATER....

A BIG NO-NO !!!

Most of us have some vague, fuzzy idea that city water may not be the best for us and many have turned to bottled water to use for ourselves.

Have you thought of doing the same for your pet? If not, why not? Maybe it's because you really don't understand the harm done by the multiple ingredients found in all municipal water supplies throughout the U.S.A.

Water is a God-given crucial nutrient for the body. But we have been hoodwinked into accepting a product that is of progressively more inferior composition. It is well known that the average city water today contains over 500 chemicals that do not belong in it. Part of this is due to the fact that most delivery systems in the U.S. include cement, asbestos pipes, cast iron, PVC (porous to certain solvents, herbicides and pesticides) and that lead, cadmium and other toxic metals leach out of valves and couplings of pipes between a water treatment plant and a faucet in the home.

To make matters worse, we INTENTIONALLY add chlorine !! So what?, you may ask .

Chlorine is a halogen that damages enzymes. It does not belong in our bodies as part of our water needs !!

For starters, chlorine potentiates magnesium deficiency, which can cause almost any symptom you can think of from high blood pressure, to chemical sensitivity or even sudden death. Furthermore it also decreases the absorption while increasing the excretion of calcium and phosphorus. The increased loss of calcium into the urine, promotes osteoporosis.

It is known that it not only contributes to hypertension, but also cancers of the pancreas, colon, bladder and has been linked to heart attacks, diabetes, kidney stones and much more.

All these years we've been putting people on low sodium diets for control of high blood pressure. But it turns out the sodium is not the problem as much as the chloride !!

To make matters worse for pets, some people still use plastic water bowls. Most, if not all, of these absorb and retain numerous toxic materials. Dr. Christopher Day (England) reports..."I once had an epileptic dog I had been treating unsuccessfully for eighteen months. One day its plastic feeding bowl was accidentally broken and replaced with a ceramic one. The fits stopped immediately."

Although many breeders are aware of the chlorine problem in drinking water, a common mistake is to overlook the fact that bathing in it can have the same effect !! Please remember that because of dermal absorption, anything on the skin is like drinking it !!

In some cities of the U.S., the chlorine level is so high, that taking 3 showers a day puts you over the government standard for exposure.

For 'show dogs' that exhibit skin irritations after bathing, maybe you would be advised to check the water you are using at the show site rather than blaming it on a shampoo or something else.

Also often overlooked is the water system used in motor homes. What are you loading your holding tanks with ? I know we used to be guilty of simply taking our garden hose and filling up from the tap at home. Ah, ignorance is truly bliss.

So what can we do about it ? As usual, the Europeans are ahead of us in preserving natural health. In wide spread areas of Europe the most common method of killing bugs in water systems is the use of OZONE treatment. It does a beautiful job, you have none of the free radical damage to the body that is common with chlorine, and there are multiple benefits of ozone to be derived from its interaction with the body ! Do you think we'll ever get our cities to consider this ??

There are many filtering devices available but you better do your homework when it concerns quality and effectiveness.

I have heard from one breeder in Texas, who has installed a 'reverse osmosis' system that has been very successful in eliminating most of the problems associated with our water--including chlorine. The system not only treats her drinking water but looks after all water entering her premises. This means that even water going to her refrigerator (ice cubes) has been treated.

Evidently, the system may be purchased but she found it more economical to lease it on a monthly rental basis that included regular maintenance, filter changes, etc. It certainly seems worth looking into as this type of system does require routine monitoring and replacement of the membrane periodically.

The ultimate system I have read about combines distillation and carbon filtration both before and after the distillation process.



That's all we have room for in this issue gang.

'Till next time--take care out there !